

Get ACTVIy engaged in thriveidaho now and earn \$250!

Whether you're in good health or need to improve your health, you can participate and earn a cash reward.* **The program runs from July 1, 2014, through April 30, 2015.**

Here's how: 1) Log in as a Blue Cross of Idaho member at **members.bcidaho.com/login.page**; 2) Click on the thrive**idaho** logo to create your wellness profile; and 3) Click "Get Started."

Reward Category	Maximum Points
Understand your Current Health	
Ask your doctor to complete a Health Qualification Form (HQF) during your preventive care visit.	50
Complete an online Personal Health Assessment (PHA); it only takes about 15 minutes.	30
Engage	
T ake advantage of a workshop or support program such as health coaching or complete a walking challenge.	10
Educate	
V iew an educational video (5 points each).	10
Accumulate 85-100 points & earn a \$250 Cash Reward!	

Everything you need to earn and track your points is located on the Blue Cross of Idaho member portal.

You can also use it to track your food and exercise, engage with a Health Coach, or even plan healthy meals.

*Rewards are subject to the same taxes and deductions as your normal paycheck and reportable on your State of Idaho W-2.

